



Montana Office of Public Instruction  
Denise Juneau, Superintendent  
In-state toll free 1-888-231-9393  
www.opi.mt.gov/IndianEd

# Model Lesson Plan

## Health Enhancement Traditional Games Grade 4

### Line Tag and Make the Stick Jump (Blackfeet), String Game (Universal), Tie-up (Chippewa and Inuit)

#### Stage 1 Desired Results

#### Established Goals

*Health Enhancement Standard 3, Benchmark 4.1:* ... improve personal performance in ... motor skills ... **through body and space awareness, effort, and relationships; e.g., manual dexterity, strength, balance.**  
*Social Studies Standard 6 Benchmark 4.4:* **Identify the main cultures to which he/she is exposed, through materials/activities experienced in the learning processes.**

*Essential Understandings 1:* There is great diversity among the 12 Tribal Nations of Montana in their languages, cultures, histories, and governments. Each Nation has a distinct and unique cultural heritage that contributes to modern Montana.

#### Understandings

1. The human body is a tool for our own survival: physical skills such as throwing or hanging-on or balance are needed in everyday life. We also survive by our ability to invent things or work out solutions to problems.

#### Essential Questions

1. How is our body an important “tool for survival?”
2. What physical and mental skills must we have to survive in our modern world?
3. Is survival easier by oneself or with others?
4. How does sharing and cooperation help us survive?

#### *Students will be able to...*

1. Move through four stations to learn physical skills for survival, invention, and problem solving.

#### *Students will know...*

1. What physical skills are needed in the Blackfeet games of “Make the Stick Jump” and “Line Tag.”
2. How to make a string game design which they have “invented.”
3. How to seek solutions to the “Tie-up” game (sharing ideas).

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(continued)

### Stage 2 Assessment Evidence

#### Performance Tasks

1. The student will practice each of the four games, rotating through stations.
2. The student will demonstrate physical skills of throwing, strength (hanging on), and balance by participating in two Blackfeet games.
3. The student will be able to demonstrate how “invention” is different from “solving” through the “string game” and the “tie-up” game.

### Stage 3 Learning Plan

#### Teaching Area

(indoors or outdoors or in a gym) 50' x 50' for 26 students in pairs.

Station 1: Blackfeet “Make the Stick Jump” game

Station 2: Blackfeet “Line Tag” game

Station 3: String Games (universal Indian game)

Station 4: Chippewa and Intuit “Tie-Up” game

#### Equipment needed

Station 1: “Make the Stick Jump” - Six marking sticks and six footbags (hacky saks or bean bags)

Station 2: “Line Tag” - Marked off area 50'x50' (half gym) no equipment needed.

Station 3: “String Games” - Sit on floor in circle (six student circle) 10' diameter. One 24”string (tied end to end to form circle shape) for each player in group (approximately six players).

Station 4: “Tie-Up” game - One rope for each student with a slip knot at each end of the rope. Six students in station, then six ropes.

#### Game Rules

Participants will move through four stations to learn physical skills for survival, invention, and problem solving.

Concepts: strength, manual dexterity, invention, problem solving

Station 1: “Make the Stick Jump” (Blackfeet). Six sticks are placed in line on the floor, about six feet between each stick. Three players stand behind a starting line that is 6' from the first stick and facing the opposing team that is 6' beyond the farthest stick, facing them. Three footbags are on the floor at the starting line of both teams who are lined up one behind the other. The first person in line will throw three times. The last person in the opposing line retrieves the balls, giving the balls to the second person in line who waits for their turn. The first person in the opposing line then throws three balls at the sticks with the last person in the opposing line

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retrieving the balls and giving the balls to the second person in his/her line who is waiting for a turn. The goal of this game is to gain points for your team by hitting the sticks and making them “jump or move.” The first stick closest to your team is worth 1 point if hit, the second is worth 2 points, third stick 3 points, fourth stick 4 points, fifth stick 5 points and sixth stick 6 points. Points can be kept by each side or a selected player can use counting sticks from a can beside the playing court, to make two stacks of sticks, one for each team, with one counting stick placed in the team’s pile for each point earned. The counting sticks are added at the end of the game. The game round is each player having one turn throwing; however, more than one round can be played according to rotation time. The value expressed in this game is sharing turns, truthfulness in counting and hitting sticks.

**Station 2: Line Tag (Blackfeet).** All players form a line holding hands. The idea of the game is for the first person in line to tag the last person in line. Everyone else simply “hangs-on” and tries, to help the first person reach the last person, to tag him/her. If the line breaks, the last person goes to the front of the line to become the “tagger.” Every time the last person is tagged, he/she becomes the “tagger” at the front of the line. The idea of the game is to avoid being “tagged” longer than anyone else. The social skill in this game is humor, laughter, and encouragement. The physical skill is strength, against the odds of 5 to 1, because everyone is trying to help the “tagger” tag the tail or end-of-line person.

**Station 3. String Game (universal game of Indigenous people of the Americas).** Native game played throughout the Americas, most noted in the Eastern tribes but found in all regions. The social skill of this game is sharing your idea or invention with others. (Use examples above under “equipment” to start.)

**Station 4: The Tie-Up Game (Eskimo and Turtle Mountain Chippewa).** In the old Indian culture of some tribes, there was a way of making young people learn to work together. If two young people were fighting or arguing, an uncle or aunt would often tie the two together in a way that cooperation between the two had to occur or they would not be able to get out of the tie-up. In this game, the two would be loosely connected by one rope passing over the other person’s rope with both ends of each rope simply holding each wrist with a slip knot. The two players are told that they must work together to become separated from each other “without taking the slip knots off their wrists.” After much encouragement to keep trying or after both players are talking to one another and cooperating with one another, then someone can help them solve the puzzle. The social skills are sharing, cooperating, and conflict resolving.

## **Vocabulary**

**Invention:** Something new, devised, or thought out by the mind.

**Solution:** An explanation or answer to a problem.

**Conflict:** A sharp or intense disagreement between persons.

**Survival:** Living beyond the life of, or continuing longer than another person, thing, or event.

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## **Concepts**

Survival a long time ago meant that everyone in an Indian village had to have physical skills of strength, dexterity, and endurance. They also needed to develop skills of problem solving and inventive ideas for food, shelter, and safety. Today, what physical and mental skills must we have to survive in our modern world? Is survival easier by oneself or with others? How does sharing and cooperation help us survive?

## **Safety**

There should be concern for safe distances between all players and during the line-tag game, rough jerking of players should be discouraged.

## **Resources**

### *Books*

Culin, Stewart. "Games of the North American Indians," from the *"Twenty-Fourth Annual Report of the Bureau of American Ethnology, 1902-1903"*, Washington, D.C.: Government Printing Office, 1907

International Traditional Games Society. "Traditional Connections: Recovery of American Indian Games" (August, 2007)

### *DVD*

Eagle Watch and International Traditional Games Society "Recovery of American Indian Games" available from I.T.G.S., PO Box 406, East Glacier, MT, 59434. Information on: [www.Traditionalnativegames.org](http://www.Traditionalnativegames.org)

### *Web sites*

International Traditional Games Society, <http://www.traditionalnativegames.org>

Montana Office of Public Instruction, "Indian Education for All," <http://www.opi.mt.gov/IndianEd2/Index.html>

Great Falls Public Schools: Indian Resource Library (books with games list), [www.gfps.k12.mt.us](http://www.gfps.k12.mt.us), click on departments, choose "Indian Ed Prog/library"